

The Nonsignificant of the Role of Oral Health Instructors in Iranian Schools

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Having healthy teeth plays a very important role in the health of the body and mind. A charming and beautiful smile is the best factor in individual charm. Since students sometimes might suffer from oral and dental injuries, they should be treated as soon as possible.

The most important cause of dental caries and gum diseases is the microbial plaque that builds on the dental surfaces. The best way to remove it is using toothbrushes and dental floss; toothpaste plays as an auxiliary role.

Similarly, the way of brushing and its duration play a significant role in the reduction of dental caries which should be taught both at home and at school too. But the question is, some schools in the heart of the capital are deprived of having a health educator, and there is no supervision on student's oral health. Who really is thinking of the oral health of the future fathers and mothers of this country?

Every day in the clinic, I have seen students with dental pain or dental abscesses. In the past years, the student had to use a fluoride mouthwash weekly by supervision of oral health instructors. Health brochures and even health publications were given to parents, but after a while, in most of the schools, this was forgotten.

Oral and dental problems in schools mostly are tooth decays, nutritional poverty due to excessive consumption of sweets, and teeth fractures due to trauma. Most students have a lot of interest in consuming sweets and chocolates; its sugar content plays a significant role in promoting dental caries. If chocolates and sticky candies particles remain on the teeth surfaces for a long time, it will inflict irreparable damage to the teeth.

As a dentist, I have to say It's really a shame because the school children have not been taught enough how to keep good oral hygiene at school! Hence, who in this country should think about the future makers of this frontier? What has done the ministry of health and education for promoting the health culture of students in this country?

Almost more than 80% of primary school children have oral and dental problems. The lack of a health trainer's strength is one of the pretexts for education that innocent children in the country should pay for that, but with simple solutions, we could provide more healthy teeth.

Brushing at home is an essential and critical duty, and parents should supervise their children so that it becomes a daily habit. In this manner, the child would feel his responsibility for this action.

This will be achieved when oral health educators are attended in the schools in a regular presence. In addition, oral hygiene classes should be presented by these instructors once a week and routine dental examinations have to be conducted in schools each month. Teaching and guidance of students are necessary for health and dental care because it can prevent many complications.

Furthermore, this should be a "*culture-building*" project in the family and school; the oral health program should be seriously introduced in the national health program by the national media.

Although recent developments in the oral health of children in schools have taken place in the last decade, such as the *Varnish Fluoride Master Plan, Fissure, Sealant Therapy and annual dental examinations*, the implementation of this plan alone is not helpful. In my opinion, the presence of oral hygiene educators in all schools of the country should be broadened; student textbooks should provide easy and understandable educational materials for oral and dental health, and eventually, a parent-educators meeting will be held once a month.